



TOKYO

Vegan & Vegetarian

東京ヴィーガン&ベジタリアン レストランガイド 2020-2021



Welcome to TOKYO!

Welcome to Tokyo!

東京には、さまざまな人々が満足できるような、いろいろな種類のレストランがたくさんあります。

この「東京ヴィーガン&ベジタリアンレストランガイド」は、ヴィーガンやベジタリアンの皆さまに、その情報をご紹介します。

全ての料理がおいしく、健康的なだけでなく、美しくフォトジェニックで、東京での滞在がさらに楽しいものとなることを願っています。



アイコンガイド

食品を表すアイコン（オレンジ）は、だしや調味料なども含め、材料として使用していないことを示しています。

※本書で利用しているマークは認証を示すものではありません。

Category 1

すべてのメニューに動物性材料は含まれていません



肉 不使用



魚 不使用



甲殻類 不使用



貝 不使用



卵 不使用

Category 2

一部のメニューに動物性材料は含まれていません



肉 不使用



魚 不使用



甲殻類 不使用



貝 不使用



卵 不使用

Category 3

一部のメニューに肉・魚・甲殻類・貝は含まれていません



肉 不使用



魚 不使用



甲殻類 不使用



貝 不使用



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乳製品 不使用



はちみつ 不使用



五蔵 (タマネギ、ラッキョウ、ネギ、ニンニク、ニラ) を原材料に含まない料理があります



英語を話せるスタッフがいます



英語のメニューがあります



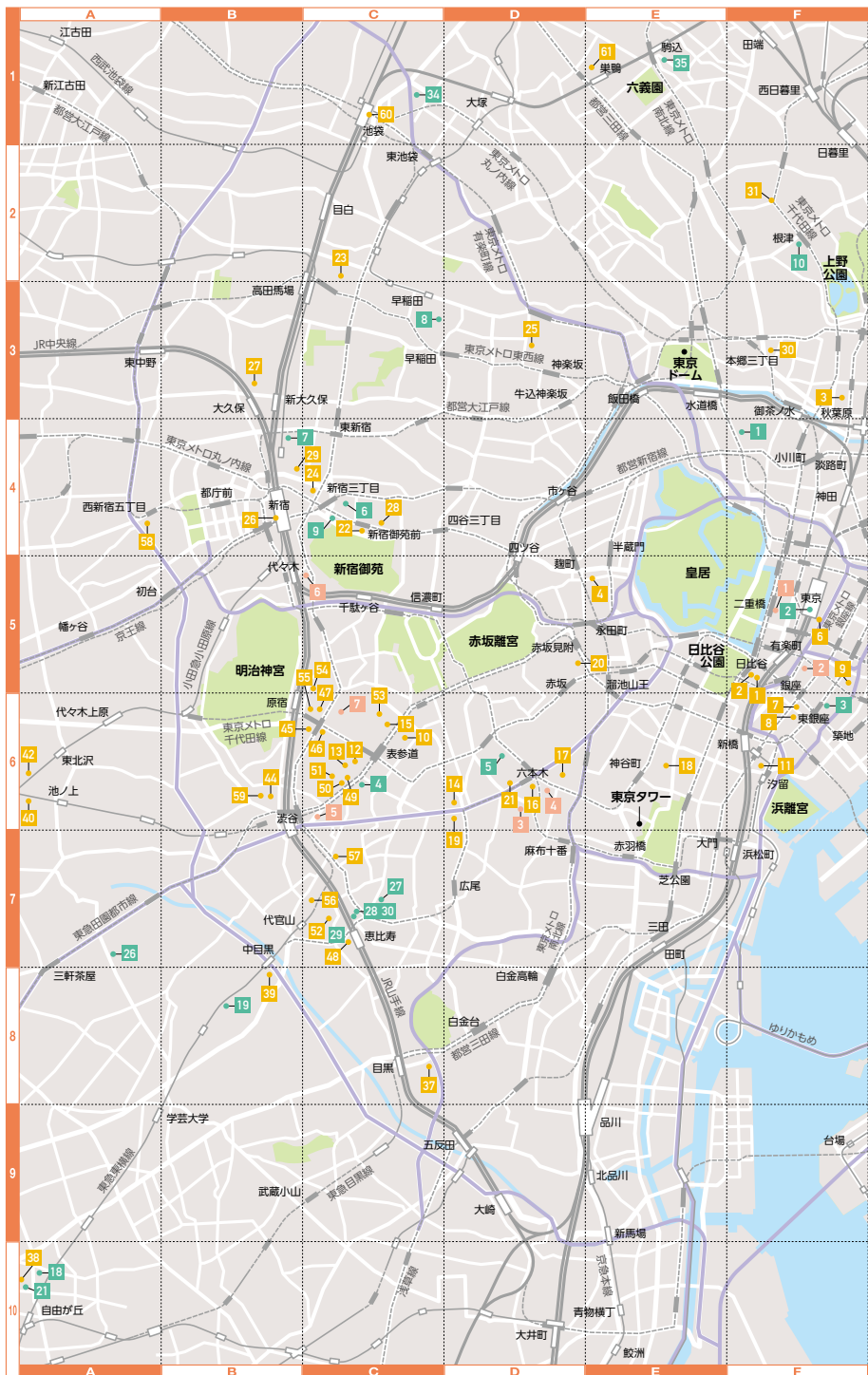
Free Wi-Fiがあります



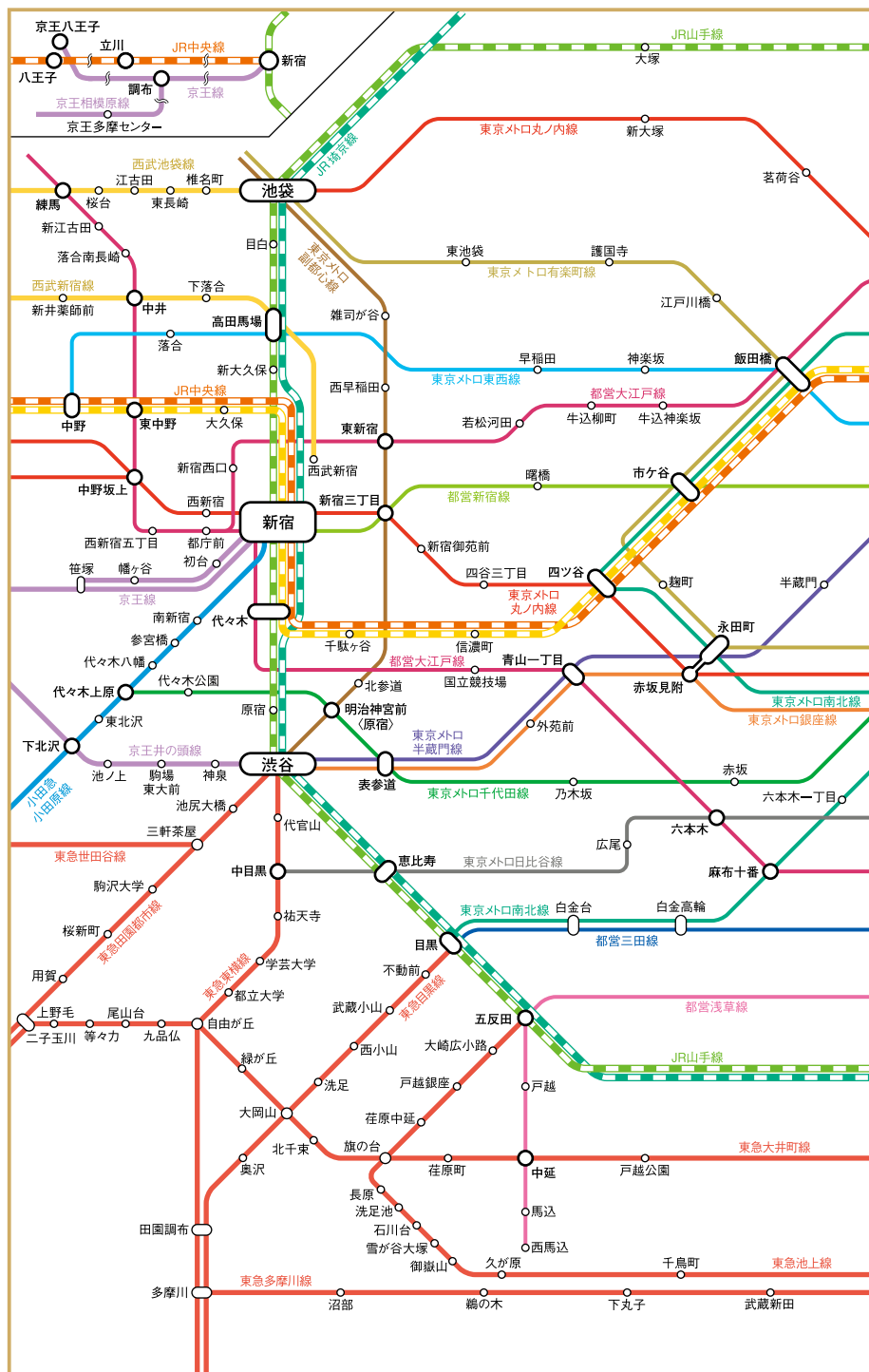
乳製品 不使用



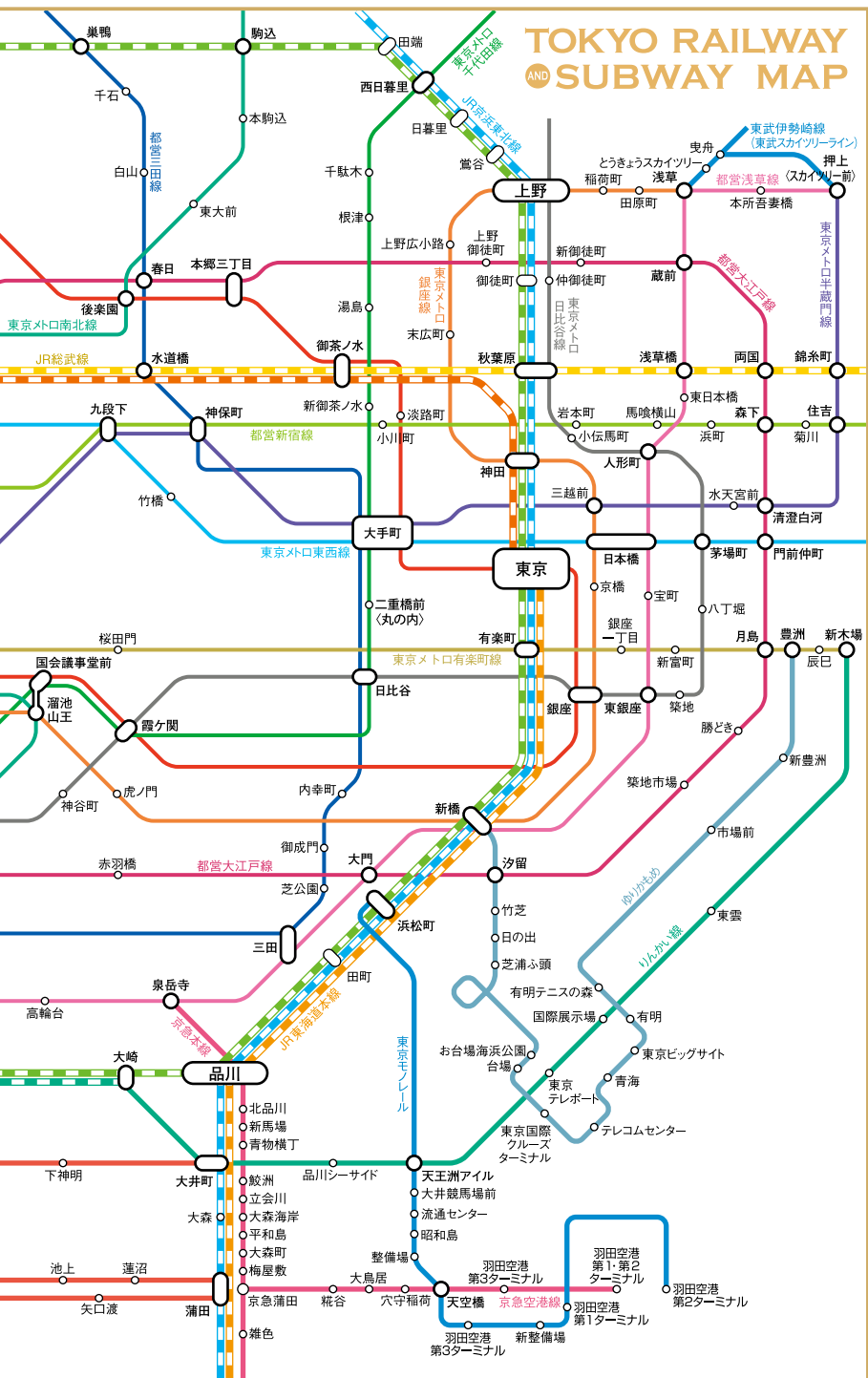
はちみつ 不使用







TOKYO RAILWAY AND SUBWAY MAP



Category 1

このカテゴリのレストランはいずれもベジタリアンまたはヴィーガン®フレンドリーです。
どのメニューにも、以下の材料は含まれていません。

※このガイドブックにおける「ヴィーガン」とは、食事が植物性材料のみに基づく方を指します。



肉 不使用



魚 不使用



甲殻類 不使用



貝 不使用



卵 不使用



乳製品 不使用



はちみつ 不使用

予約、メニュー、店舗の詳細に関するお問い合わせは、各レストランへ直接ご連絡ください。

1 Loving Hut

ラビングハット

☎03-5577-6880

Lunch ¥2,000- Dinner ¥3,500-
www.facebook.com/LovingHutJapan/

Hours: Please check the website

Closed days: No fixed holiday

Address: Okada Bldg. 2F, 1-54 Kanda-Jimbocho, Chiyoda City

Access: Jimbocho (Subway), Suidobashi (JR, Subway)



Asian foods

MAP F-4



WEBSITE



ACCESS MAP



2 T'S TANTAN ecute KEIYO STREET

T'sたんたん エキュート京葉ストリート店

☎03-3218-8040

Lunch ¥1,000- Dinner ¥1,500-
www.nre.co.jp/shop/tabid/220/brnid/12/Default.aspx

Hours: 7:00-23:00 (L.O. 22:30) Closed days: Open 365 days

Address: ecute Keiyo Street (2F), 1-9-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway)



Noodles/Ramen

MAP F-5



WEBSITE



ACCESS MAP



3 AIN SOPH. ginza

アインソフ ギンザ

☎03-6228-4241

Lunch ¥3,000- Dinner ¥4,000-
http://ain-soph.jp/ginza/

Hours: 11:30-15:00 (L.O. 14:30), Tea Time 14:30-17:00 (L.O. 16:00), 18:00-22:00 (L.O. 21:00)

Closed days: No fixed holiday Address: 4-12-1 Ginza, Chuo City

Access: Higashi-ginza (Subway)



Other foods

MAP F-6



WEBSITE



ACCESS MAP



4 Sablisch AOYAMA

エイタブリッシュ アオヤマ

☎03-6805-0597

Lunch ¥2,000~ Dinner ¥5,000~
www.agallery.co.jp

Hours: 11:30~14:30, Tea Time 15:00~17:00, 18:00~21:00

Closed days: No fixed holiday

Address: 2F, 5-10-17 Minami-aoyama, Minato City

Access: Omote-sando (Subway)



Reservation required

Western foods

MAP

C-6



WEBSITE



ACCESS MAP



5 VEGANIC TO GO

ヴィーガニックトゥーゴー

☎03-6434-0211

Lunch ¥1,800~ Dinner ¥2,500~
https://25.veganic.jp/

Hours: 11:30~17:00 (L.O. 16:30) (Sun~Thu, holidays),

11:30~21:30 (L.O. 21:00) (Fri,Sat) Closed days: Open 365 days

Address: Nogizaka Studio 1F, 7-4-14 Roppongi, Minato City

Access: Roppongi (Subway), Nogizaka (Subway)



Café/Bar

MAP

D-6



WEBSITE



ACCESS MAP



6 AIN SOPH. journey Shinjuku

アインソフ ジャーニー シンジュク

☎050-5869-4158

Lunch ¥2,000~ Dinner ¥3,500~
http://ain-soph.jp/journey/

Hours: 11:30~16:00 (L.O. 15:00), 18:00~22:00 (L.O. 21:00)

Closed days: No fixed holiday

Address: Shinjuku Q Bldg. B1F/1F/2F, 3-8-9 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



Other foods

MAP

C-4



WEBSITE



ACCESS MAP



7 AIN SOPH. ripple

アインソフ リブル

☎03-6380-3205

Lunch ¥1,500~ Dinner ¥2,000~
http://ain-soph.jp/ripple/

Hours: 11:00~21:30 (Mon-Sat) (L.O. Eat in 21:00, Take Out 21:15),
11:00~20:30 (Sun, holidays) (L.O. Eat in 20:00, Take Out 20:15)

Closed days: No fixed holiday

Address: Nissho Bldg. 1F, 2-46-8 Kabuki-cho, Shinjuku City

Access: Seibu-shinjuku (Seibu), Okubo (JR), Shin-Okubo (JR)



Other foods

MAP

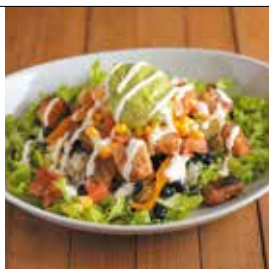
B-4



WEBSITE



ACCESS MAP



8 SOJO Esperanto-Vegana Kafejo

ソーよ エスペラント ビーガン カフェ

☎03-6302-1639

Dinner ¥1,000~
https://m.facebook.com/kafejosojjo/

Hours: 17:00~21:00 (Wed~Fri), 15:00~21:00 (Sat, Sun)

Closed days: Mon, Tue

Address: Koyama Bldg. 1F, 111 Wasedatsurumaki-cho, Shinjuku City

Access: Waseda (Subway)



Reservation required

Japanese foods

MAP

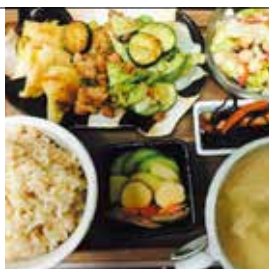
C-3



WEBSITE



ACCESS MAP



9 Vegan wine bar KiboKo

お野菜・小皿料理のワイン・バル KiboKo

☎03-6380-1709

Dinner ¥3,500-
www.vegan-kiboko.com/

Hours: 17:00-23:00 (L.O. 22:00) Closed days: Sun, Mon, Tue
Address: Shimura Bldg. 4F, 2-5-8 Shinjuku, Shinjuku City
Access: Shinjuku-sanchome (Subway)



Japanese foods

MAP C-4



WEBSITE



ACCESS MAP



10 Vegan Restaurant & cafe Nezunoya

ヴィーガンレストラン & cafe 根津の谷

☎03-3823-0030

Lunch ¥900-
http://nezunoya.com/

Hours: 11:30-17:00 (L.O. Food 15:30, Drink 16:00)
Closed days: Wed, Sun
Address: Raain Nezu 1F, 1-1-14 Nezu, Bunkyo City
Access: Nezu (Subway)



Japanese foods

MAP F-2



WEBSITE



ACCESS MAP



11 DAUGHTER BOUTIQUE

ドーター・ブティック

☎03-6231-7074

¥450-
https://daughter-boutique.com/

Hours: 9:00-18:00 Closed days: Wed, Sun
Address: Namiki Bldg. 1F, 3-16-8 Matsugaya, Taito City
Access: Tawaramachi (Subway), Iriya (Subway), Asakusa (TX)



Café/Bar

MAP G-2



WEBSITE



ACCESS MAP



12 ETSUNO

悦納

☎03-5830-2333

Lunch ¥2,500- Dinner ¥2,500-
www.facebook.com/ETSUNOU2019/

Hours: 11:30-14:30, 17:30-21:00,
Tea Time 10:30-12:30, 14:30-17:30 Closed days: Tue
Address: AUSPICE Asakusa Hanakawado 3F, 1-9-1 Hanakawado,
Taito City Access: Asakusa (Subway, Tobu)



Japanese foods

MAP H-3



WEBSITE



ACCESS MAP



13 Fucha Vegetarian Cuisine BON

普茶料理 梵

☎03-3872-0375

Lunch ¥3,450- Dinner ¥6,000-
www.fuchabon.co.jp/

Hours: 12:00-15:00 (L.O. 13:00) (Mon-Sat), 17:00-21:00 (L.O. 19:00)
(Mon-Sat), 12:00-15:00 (L.O. 13:00), 17:00-20:00 (L.O. 18:00)
(Sun, holidays) Closed days: Wed
Address: 1-2-11 Ryusen, Taito City Access: Iriya (Subway)



Reservation required

Japanese foods

MAP G-2



WEBSITE



ACCESS MAP



14 THE FARM CAFE

ザ・ファームカフェ

☎03-5830-8134

Lunch ¥1,600~

<https://thefarmcafetokyo.business.site/>

Hours: 11:30~22:00 (Tue~Fri), 10:00~22:00 (Sat, Sun, holidays)

Closed days: Mon (or the following Tue when it falls on a national holiday)

Address: Yabuki Bldg. 1F, 1-3-3 Hanakawado, Taito City

Access: Asakusa (Subway, Tobu)



WEBSITE

Café/Bar

MAP

H-3



ACCESS MAP



15 T'S TANTAN ecute UENO

T's たんたんエキュート上野店

☎03-5826-5618

Lunch ¥1,000~ Dinner ¥1,500~

www.nre.co.jp/shop/tabid/220/brnid/12/Default.aspx

Hours: 7:00~23:00 (L.O. 22:30) (Mon~Sat), 7:00~22:30

(L.O. 22:00) (Sun, holidays) Closed days: Open 365 days

Address: ecute Ueno 3F, 7-1-1 Ueno, Taito City

Access: Ueno (JR, Subway)



WEBSITE

Noodles/Ramen

MAP

G-2



ACCESS MAP



16 VEGAN STORE

ヴィーガンストア

☎03-6231-6252

Lunch ¥1,000~ Dinner ¥3,000~

www.veganstore.jp/

Hours: 6:00~23:00 Closed days: Mon (or the following Tue when it falls on a national holiday)

Address: 2-25-9 Nishiasakusa, Taito City

Access: Asakusa (TX), Tawaramachi (Subway)



WEBSITE

Café/Bar

MAP

G-2



ACCESS MAP



17 SASAYA CAFE

ささやかフェ

☎03-3623-6341

Lunch ¥1,200~

<https://sasayacafe.com/>

Hours: 8:30~18:00 (L.O. Food 17:00, Drink 17:30)

Closed days: No fixed holiday

Address: 1-1-10 Yokokawa, Sumida City

Access: Kinshicho (JR, Subway), TOKYO SKYTREE (Tobu)



WEBSITE

Café/Bar

MAP

H-3



ACCESS MAP



18 Plus Veganique JIYUGAOKA

プラスヴィーガニック自由が丘

☎090-9823-8310

Lunch ¥2,500~ Dinner ¥5,000~

www.plus-veganique.com/

Hours: 12:00~15:00, 17:00~23:00 (L.O. 21:00) Closed days: Wed

Address: 1-19-23 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Order in advance for the five pungent vegetables



WEBSITE

Other foods

MAP

A-10



ACCESS MAP



19 Rainbow Bird Rendezvous

レインボーバードランデヴー

☎03-3791-5470

Lunch ¥1,300- Dinner ¥1,800-
www.ls-adventure.com/

Hours: 11:30-16:00, 17:30-20:00 (Mon-Fri), 11:30-20:00 (Sat),
11:30-19:00 (Sun, holidays) Closed days: Wed

Address: 1-1-1 Yutenji, Meguro City
Access: Naka-meguro (Subway, Tokyo)



Western foods

MAP B-8



WEBSITE



ACCESS MAP



20 SHIRO Jiyugaoka

シロ 自由が丘店

☎03-5701-9146

Lunch ¥1,500- Dinner ¥2,000-
http://shiro-shiro.jp/ext/shoplist/shop/jiyugaoka/index.html

Hours: 10:00-20:00 Closed days: Open 365 days

Address: Assolti B1F/1F, 2-9-14 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Café/Bar

MAP K-9



WEBSITE



ACCESS MAP



21 T's Restaurant

Tsレストラン

☎03-3717-0831

Lunch ¥1,300- Dinner ¥1,500-
http://ts-restaurant.jp/

Hours: 11:00-15:00, Tea Time 15:00-17:30, 17:30-22:00 (L.O. 21:00)

Closed days: New Year holidays

Address: Luz Jiyugaoka B1F, 2-9-6 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Western foods

MAP A-10



WEBSITE



ACCESS MAP



22 CORI. Vegan Food & Craft Beer

コリヴィーガンフード&クラフトビール

☎03-6450-7556

Lunch ¥1,500- Dinner ¥1,500-
www.cori-vege.com/

Hours: 12:00-16:00 (L.O. 15:00) (Sat-Mon), 18:00-23:00

(L.O. 22:00) (Thu-Mon) Closed days: Tue, Wed

Address: Tainan Tami Bldg, 1F, 4-2-20 Kamiyama, Setagaya City

Access: Komazawa-daigaku (Tokyu)



Other foods

MAP K-9



WEBSITE



ACCESS MAP



23 Food Therapy Diner Chabuzen

薬膳食堂ちゃぶ膳

☎080-6603-8587

Lunch ¥950- Dinner ¥1,500-
https://food-therapy-diner-chabuzen.business.site/

Hours: 12:00-15:00, 17:00-23:00 Closed days: Tue

Address: Chikanoso, 6-16-20 Daita, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Noodles/Ramen

MAP K-9



WEBSITE



ACCESS MAP



24 Gavy Setagaya

ギャビーセタガヤ

☎03-5799-6870

Lunch ¥1,000~ Dinner ¥1,000~
http://yakuzen-ramen.favy.jp/

Hours: 11:30~14:00, 18:00~20:00

Closed days: No fixed holiday

Address: Green Annex II 102, 2-6-5 Setagaya, Setagaya City

Access: Kamimachi (Tokyu)



Western foods

MAP

J-9



WEBSITE



ACCESS MAP



25 hallelu peacefood

ハレルピースフード

☎03-6883-6640

Lunch ¥1,300~
https://hallelupeacefood.jimdofree.com/

Hours: 11:00~18:00 (Tue-Fri), 11:00~16:00 (Sat)

Closed days: Sun, Mon, Irregularly Sat

Address: Jeunesse Okusawa 1F, 4-15-13 Okusawa, Setagaya City

Access: Okusawa (Tokyu), Jiyugaoka (Tokyu)



Japanese foods

MAP

K-9



WEBSITE



ACCESS MAP



26 Olu 'Olu Cafe

オルオルカフェ

☎03-3795-6060

Lunch ¥1,080~
https://aloha-olu-olu-cafe.webnode.jp/

Hours: 11:30~15:30 (L.O. 15:00), 18:00~22:00 (L.O. 21:00)
(Mon, Thu, Fri), 11:30~22:00 (L.O. 21:00) (Sat, Sun, holidays)

Closed days: Tue, Wed Address: 1-11-1 Ikejiri, Setagaya City

Access: Sangen-jaya (Tokyu), Ikejiri-ohashi (Tokyu)



Order in advance for the
five pungent vegetables

Café/Bar

MAP

A-7



WEBSITE



ACCESS MAP



27 FALAFEL BROTHERS Ebisu

FALAFEL BROTHERS 恵比寿店

☎03-6427-3398

Lunch ¥1,100~ Dinner ¥1,500~
www.falafelbrothers.jp/

Hours: 10:00~22:00 (L.O. 21:30) (Mon-Sat), 11:30~16:00 (Sun)

Closed days: No fixed holiday

Address: 1F, 1-1-36 Hiroo, Shibuya City

Access: Ebisu (JR, Subway)



Other foods

MAP

C-7



WEBSITE



ACCESS MAP



28 HEMP CAFE TOKYO

ヘンプカフェトウキョウ

☎03-6427-1984

Dinner ¥3,000~
http://hempcafetokyo.com/

Hours: 17:00~23:00 (L.O. 22:00) Closed days: Sun

Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City

Access: Ebisu (JR, Subway)



Other foods

MAP

C-7



WEBSITE



ACCESS MAP



29 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405

Lunch ¥1,500- Dinner ¥2,000-
www.ko-so-cafe.jp/

Hours: 11:00-15:00 (L.O. 14:30), 17:00-21:30 (L.O. 21:00) (Mon-Fri),
11:30-20:00 (L.O. 19:00) (Sat, Sun, holidays)
Closed days: Open 365 days Address: Lions Plaza Ebisu 1F,
3-25-3 Higashi, Shibuya City Access: Ebisu (JR, Subway)



Café/Bar

MAP C-7



WEBSITE



ACCESS MAP



30 RAINBOW RAWFOOD

酵素食道 レインボー・ローフード

☎03-6427-1984

Lunch ¥1,600-
http://rainbowrawfood.com/

Hours: 11:00-15:00 (L.O. 14:30) Closed days: Thu-Mon
Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City
Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



31 hallogallo

hallogallo

☎03-3389-1833

Dinner ¥2,000-
https://hallogallotokyo.com/

Hours: 19:00-26:00 (Tue-Sat), 17:00-23:00 (Sun)
Closed days: Mon
Address: 2F, 5-56-15 Nakano, Nakano City
Access: Nakano (JR, Subway)



Café/Bar

MAP K-8



WEBSITE



ACCESS MAP



32 Pain de BRUN

バンドブラン

☎03-5941-3613

Lunch ¥1,000-
www.paindebrun.com/

Hours: 11:00-19:00 Closed days: Mon
Address: Shinei Mansion 1F, 5-6-16 Kugayama, Suginami City
Access: Kugayama (Keio)



Café/Bar

MAP J-9



WEBSITE



ACCESS MAP



33 vege & grain cafe meu nota

ベジアンドグレインカフェ メウノータ

☎03-5929-9422

Lunch ¥1,250- Dinner ¥1,750-
www.meunota.com/

Hours: 12:00-15:30 (L.O. 14:30), 17:30-22:30 (L.O. 21:30)
Closed days: Mon, Tue
Address: RIC Koenji 2F, 3-45-11 Koenji-minami, Suginami City
Access: Koenji (JR)



Café/Bar

MAP J-9



WEBSITE



ACCESS MAP



34 AIN SOPH. soar

アインソフ ソア

☎03-5944-9699

Lunch ¥2,000~ Dinner ¥2,000~
http://ain-soph.jp/soar/

Hours: 11:30-16:00 (L.O. 15:00), 18:00-22:00 (L.O. 21:00) (Mon-Fri),
11:30-17:00 (L.O. 16:00), 18:00-22:00 (L.O. 21:00) (Sat, Sun, holidays)
Closed days: No fixed holiday Address: Union Bldg. 1F, 3-5-7 Higashi-
ikebukuro, Toshima City Access: Ikebukuro (JR, Subway, Tobu, Seibu)



WEBSITE



ACCESS MAP

Other foods

MAP

C-1



35 Nourish

自然野菜レストラン駒込ナーリッシュ

☎03-3944-8300

Lunch ¥1,500~ Dinner ¥2,500~
http://k-nourish.tokyo/

Hours: 11:30-14:30 (Mon-Fri, Sun), 18:00-22:00 (Fri, Sat)
Closed days: New Year holidays
Address: Corpo Ichikawa 2F, 1-37-8 Komagome, Toshima City
Access: Komagome (JR, Subway)



WEBSITE



ACCESS MAP

Other foods

MAP

E-1



36 cotoca

こそだて喫茶 cotoca

☎03-6320-2736

Lunch ¥1,320~
http://cotoca-senju.jp/

Hours: 9:00-17:00 Closed days: Sun, Mon, holidays
Address: 2-18 Senju, Adachi City
Access: Kita-senju (JR, Subway, Tobu, TX)



WEBSITE



ACCESS MAP

Café/Bar

MAP

L-S



37 natural cafe sachinoki

natural cafe 幸の木

☎042-649-1987

Lunch ¥1,500~
http://sachinoki.com/

Hours: 8:00-17:00 (L.O. 16:30)
Closed days: Mon, 1st and 3rd Sun of the month
Address: 1F, 2-25-8 Myojin-cho, Hachioji City
Access: Kelo-hachioji (Kelo)



WEBSITE



ACCESS MAP

Café/Bar

MAP

H-9



38 Natural Cafe Sakuratei

ナチュラルカフェさくら亭

☎042-625-8622

Lunch ¥1,600~
http://hachioji-sakuratei.cafe.coocan.jp/index.htm

Hours: 11:00-18:00 Closed days: Mon, Tue, Wed
Address: 21-1 Ueno-machi, Hachioji City
Access: Hachioji (JR)



WEBSITE



ACCESS MAP

Café/Bar

MAP

H-9



Category 2

このカテゴリのレストランはベジタリアンまたはヴィーガン®の方向けのオプションを用意しています。一部、以下の材料を含まないメニューを提供しています。

※このガイドブックにおける「ヴィーガン」とは、食事が植物性材料のみに基づく方を指します。



肉 不使用



魚 不使用



甲殻類 不使用



貝 不使用



卵 不使用



乳製品 不使用



はちみつ 不使用

予約、メニュー、店舗の詳細に関するお問い合わせは、各レストランへ直接ご連絡ください。

1

Chaya Natural & Wild Table Hibiya Chanter

チャヤナチュラル & ワイルドテーブル 日比谷シャンテ店

☎03-3500-5514

Lunch ¥1,500- Dinner ¥3,000-
www.chayam.co.jp/restaurant/hibiya.html

Hours: 11:00-23:00 (L.O. 22:30) (Tue-Sat), 11:00-22:00 (L.O. 21:30)

(Sun, Mon) Closed days: Varies depending on the facility

Address: B2F, 1-2-2 Yuraku-cho, Chiyoda City

Access: Yurakucho (JR, Subway), Hibiya (Subway)



Other foods

MAP F-5



WEBSITE



ACCESS MAP



2

Mr. FARMER Hibiya

ミスターファーマー 東京ミッドタウン日比谷店

☎03-3519-3066

Lunch ¥1,700- Dinner ¥3,000-
http://mr-farmer.jp/locations/

Hours: 11:00-23:00

Closed days: Varies depending on the facility

Address: TOKYO MIDTOWN Hibiya B1F, 1-1-2 Yuraku-cho, Chiyoda City

Access: Hibiya (Subway), Yurakucho (JR, Subway)



Café/Bar

MAP F-5



WEBSITE



ACCESS MAP



3

Kyushu Jangara Akihabara-honten

『九州じゃんがら』秋葉原本店

☎03-3251-4059

Lunch ¥1,050- Dinner ¥1,050-
http://kyushujangara.co.jp/

Hours: 10:30-23:30 (Mon-Fri), 9:30-23:30 (Sat, Sun, holidays)

Closed days: Open 365 days

Address: 3-11-6 Soto-kanda, Chiyoda City

Access: Akihabara (JR, Subway, TX)



Noodles/Ramen

MAP F-3



WEBSITE



ACCESS MAP



4 soranoiro

ソラノイロ

☎03-3263-5460

Lunch ¥1,000- Dinner ¥1,000-
<https://soranoiro-vege.com/>

Hours: 11:00-15:00, 18:00-22:00

Closed days: Sat, Sun, holidays

Address: Blue Bldg. Main Bldg. 1B, 1-3-10 Hirakawa-cho, Chiyoda City

Access: Kojimachi (Subway)



Noodles/Ramen

MAP

E-5



WEBSITE



ACCESS MAP



5 DAKSHIN Higashi-Nihonbashi

南インド料理ダクシン 東日本橋店

☎03-3249-9155

Lunch ¥1,000- Dinner ¥3,000-

www.dakshin.jp/

Hours: 11:00-23:00 (L.O. 22:00) (Mon-Fri), 11:30-15:00 (L.O. 14:30)

(Sat, Sun, holidays), 17:30-22:00 (L.O. 21:00) (Sat, Sun, holidays)

Closed days: New Year holidays

Address: 1-12-1 Nihonbashi-bakurocho, Chuo City

Access: Bakurocho (JR), Higashi-nihombashi (Subway)



Asian foods

MAP

G-4



WEBSITE



ACCESS MAP



6 DAKSHIN Yaesu

南インド料理ダクシン 八重洲店

☎03-6225-2640

Lunch ¥1,000- Dinner ¥3,000-

www.dakshin.jp/

Hours: 11:00-15:00 (L.O. 14:30), 17:30-23:00 (L.O. 22:00)

(Mon-Fri), 11:00-15:00 (L.O. 14:30), 17:30-22:00 (L.O. 21:00)

(Sat, Sun, holidays) Closed days: New Year holidays

Address: Prairie Bldg. B1F, 2-5-12 Yaesu, Chuo City

Access: Kyobashi (Subway), Tokyo (JR, Subway)



Asian foods

MAP

F-5



WEBSITE



ACCESS MAP



7 GINZA KUKI

GINZA 鼓 KUKI

☎03-3572-5433

Dinner ¥15,000-

<https://ginzakuki.com/>

Hours: 18:00-23:30

Closed days: Sun, holidays, summer holidays, New Year holidays

Address: GINZA-A5 4F, 5-9-16 Ginza, Chuo City

Access: Ginza (Subway)



Reservation required
(up to 1 day before)

Japanese foods

MAP

F-6



WEB SITE



ACCESS MAP



8 Kyushu Jangara Ginza

『九州じゃんがら』銀座店

☎03-3572-3025

Lunch ¥1,050- Dinner ¥1,050-

<http://kyushujangara.co.jp/>

Hours: 10:00-23:00 (Mon-Thu, Sat, Sun), 10:00-27:00 (Fri)

Closed days: Open 365 days

Address: Ginza Katagiri Bldg. 1F, 6-12-17 Ginza, Chuo City

Access: Ginza (Subway)



Noodles/Ramen

MAP

F-6



WEBSITE



ACCESS MAP



Nihonbashi branch
is also nearby.
Please check the website.

9 Restaurant himizutsuchi

レストラン日水士

☎03-3562-7720

Lunch ¥3,000-

<https://naturalharmony.co.jp/himizutuchi/>

Hours: 11:30-15:30 (L.O. 14:30) Closed days: Sun, Mon

Address: Natural Harmony Ginza 3F, 1-23-16 Ginza, Chuo City

Access: Shintomicho (Subway), Ginza-itchome (Subway),

Higashi-ginza (Subway)



Order in advance for the
vegetarian/vegan menu

Japanese foods

MAP

F-5



WEBSITE



ACCESS MAP



10 BICHOUKATSU CAFE & GROCERY L for You

美腸活 CAFE & GROCERY L for You

☎03-6459-2504

Lunch ¥1,300-

Dinner ¥2,500-

www.lforyou.tokyo/

Hours: 10:00-20:00 (L.O. 19:00) Closed days: Sun

Address: Ikegami Bldg. 1F, 3-9-3 Minami-aoyama, Minato City

Access: Omote-sando (Subway)



Café/Bar

MAP

C-6



WEBSITE



ACCESS MAP



11 CHAYA macrobiotics Shiodome

チャヤマクロビ汐留店

☎03-3573-3616

Lunch ¥1,500-

Dinner ¥2,000-

www.chayam.co.jp/

Hours: 7:00-10:00, 11:00-21:00 Closed days: Open

365 days Address: The Royal Park Hotel Iconic Tokyo

Shiodome 1F, 1-6-3 Higashi-shinbashi, Minato City

Access: Shimbashi (JR, Subway, Yurikamome)



Western foods

MAP

F-6



WEBSITE



ACCESS MAP



12 ki to mizu to tsuchi to Omotesando

木と水と土と表参道店

☎03-5962-7586

Lunch ¥1,200-

Dinner ¥1,750-

www.ki-mizu-tsuchi.com/omotesando/

Hours: 10:00-22:00 (L.O. 21:30) Closed days: Open

365 days Address: FPGlinksOMOTESANDO Bldg. B-1F,

3-10-13 Kita-aoyama, Minato City Access: Omote-sando

(Subway), Shibuya (JR, Subway, Tokyu, Keio)



Café/Bar

MAP

C-6



WEBSITE



ACCESS MAP



13 LONGING HOUSE Kita Aoyama

LONGING HOUSE 北青山

☎03-6433-5808

Lunch ¥1,500-

Dinner ¥4,500-

www.longinghouse.com/no.2/aoyama/

Hours: 11:30-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:30) (Mon-Fri),

11:30-23:00 (L.O. 22:30) (Sat), 11:30-22:00 (L.O. 21:30) (Sun)

Closed days: No fixed holiday

Address: Segawa Bldg. 1F, 3-9-10 Kita-aoyama, Mitato City

Access: Omote-sando (Subway)



Western foods

MAP

C-6



WEBSITE



ACCESS MAP



14 OIZUMI KOJO NISHIAZABU

大泉工場 NISHIAZABU

☎03-6427-4749

Lunch ¥1,870- Dinner ¥2,000-
http://oks-nishiazabu.com/

Hours: 10:00-19:00 Closed days: No fixed holiday
Address: 2-13-13 Nishi-azabu, Minato City
Access: Hiro-o (Subway), Roppongi (Subway)



WEBSITE

Café/Bar

MAP

D-6



ACCESS MAP



15 SINCERE GARDEN CAFE

シンシア・ガーデンカフェ

☎03-5775-7375

Lunch ¥1,500- Dinner ¥2,000-
www.sincere-garden.com/

Hours: 11:30-20:00 (L.O.19:00) Closed days: New Year holidays
Address: Aoyama Takano Bldg. 2F, 3-5-4 Kita-aoyama, Minato City
Access: Omote-sando (Subway), Gaemmae (Subway)



WEBSITE

Café/Bar

MAP

C-6



ACCESS MAP



16 shojin SOUGO

shojin 宗胡

☎03-5414-1133

Lunch ¥2,000- Dinner ¥10,000-
www.sougo.tokyo/

Hours: 11:00-17:00, 18:00-23:30 Closed days: Sun, holidays
Address: Roppongi Green Bldg. 3F, 6-1-8 Roppongi, Minato City
Access: Roppongi (Subway)



WEBSITE

Japanese foods

MAP

D-6



ACCESS MAP



17 Two Dogs Taproom

トゥードッグス タップルーム

☎03-5413-0333

Lunch ¥900- Dinner ¥4,000-
www.twodogs-tokyo.com/

Hours: 12:00-14:30 (Mon-Fri), 17:00-23:00
Closed days: Open 365 days
Address: Aries Bldg. 2F, 3-15-24, Roppongi, Minato City
Access: Roppongi (Subway)



WEBSITE

Western foods

MAP

D-6



ACCESS MAP



18 Vegetarian meal DAIGO

精進料理 醍醐

☎03-3431-0811

Lunch ¥15,000- Dinner ¥20,000-

www.atago-daigo.jp/

Hours: 11:30-14:00 (L.O.), 17:00-20:00 (L.O.)
Closed days: New Year holidays
Address: Atago Forest Tower, 2-3-1 Atago, Minato City
Access: Kamiyacho (Subway), Onarimon (Subway)



Order in advance for the
vegetarian/vegan menu



WEBSITE

Japanese foods

MAP

E-6



ACCESS MAP



19 WA NISHIAZABU

倭西麻布

☎03-6427-6689

Dinner ¥8,000-

https://mil-inc.com/restaurants/wa/en_index.php

Hours: 18:00-23:00 Closed days: Sun, holidays

Address: Laporte Nishiazabu B1F, 4-10-1 Nishi-azabu, Minato City

Access: Hiro-o (Subway)



Reservation required
(up to 1 day before)

Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



20 YASAIYA Teppanyaki yasai Akasaka

やさいや鉄板焼野菜 赤坂店

☎050-3188-8284

Lunch ¥1,100- Dinner ¥7,700-

<http://yasaiya.tokyo/>

Hours: 11:30-15:00 (L.O. 14:30), 18:00-28:00 (L.O. 27:00) (Mon-Fri),

17:00-23:30 (L.O. 23:00) (Sat, Sun, Holidays) Closed days: Sun, holidays

Address: Akasaka Belgio 1F, 3-11-14 Akasaka, Minato City

Access: Akasaka-mitsuke (Subway), Akasaka (Subway)



Japanese foods

MAP D-5



WEBSITE



ACCESS MAP



21 YASAIYA Teppanyaki yasai Roppongi

やさいや鉄板焼野菜 六本木店

☎050-3085-2418

Lunch ¥1,380- Dinner ¥7,700-

<http://yasaiya.tokyo/>

Hours: 18:00-23:00 (L.O. 22:00) (Wed-Fri), 11:00-22:30 (Lunch L.O.

16:00, Dinner L.O. 22:00) (Sat, Sun, Holidays) Closed days: Mon, Tue

(opens when it falls on a national holiday) Address: Kishida Bldg. 1F,

7-18-8 Roppongi, Minato City Access: Roppongi (Subway)



Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



22 & sandwich.

アンドサンドイッチ

☎03-6709-9455

Lunch ¥1,200-

www.andsandwich.tokyo/

Hours: 9:00-18:00 (L.O. 17:00) Closed days: Mon (or the following Tue when it falls on a national holiday)

Address: Sukilagyoen 1F, 1-5-7 Shinjuku, Shinjuku City

Access: Shinjuku-gyommae (Subway)



Café/Bar

MAP C-4



WEBSITE



ACCESS MAP



23 CAFE-Today is my life!

地球を旅するCAFÉ

☎03-6265-9482

Lunch ¥1,100- Dinner ¥3,000-

<http://chikyu-tabl-cafe.com/>

Hours: 17:30-23:00 (Tue-Fri), 12:00-23:00 (Sat, Sun)

Closed days: Mon

Address: Pre Bldg., 2-12-5 Takadanobaba, Shinjuku City

Access: Takadanobaba (JR, Subway, Seibu)



Other foods

MAP C-2



WEBSITE



ACCESS MAP



24

CHAYA macrobotics Isetan Shinjuku

チャヤマクロビ伊勢丹新宿店

☎03-3357-0014

Lunch ¥2,500- Dinner ¥4,000-
www.chayam.co.jp/

Hours: 11:00-22:00 (L.O. 21:15)

Closed days: Varies depending on the facility

Address: Shinjuku Isetan Main Bldg. 7F, 3-14-1 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



WEBSITE



ACCESS MAP

Western foods

MAP

C-4



25

MARTINIBURGER

マティーニバーガー

☎03-6280-8920

Lunch ¥900- Dinner ¥2,500-
http://martini-burger.com/

Hours: 11:00-23:00 (L.O. 22:00) (Tue-Sat), 11:00-22:00

(L.O. 21:00) (Sun, holidays) Closed days: Mon

Address: 31 Nakazato-cho, Shinjuku City

Access: Kagurazaka (Subway), Edogawabashi (Subway)



WEBSITE



ACCESS MAP

Other foods

MAP

D-3



26

Mr. FARMER Shinjuku

ミスターファーマー新宿ミロード店

☎03-3349-5731

Lunch ¥1,700- Dinner ¥3,000-
http://mr-farmer.jp/locations/

Hours: 9:00-23:00 Closed days: Varies depending on the facility

Address: Mosaic Street, Shinjuku Mylord Bldg., 1-1-3

Nishi-shinjuku, Shinjuku City

Access: Shinjuku (JR, Subway, Keio, Odakyu)



WEBSITE



ACCESS MAP

Café/Bar

MAP

B-4



27

Saishoku Kenbi

菜食健美

☎03-5332-3627

Lunch ¥1000-
http://daisho-kikaku.com/

Hours: 11:00-15:00 (L.O. 14:30)

Closed days: Tue, No fixed holiday

Address: 2-21-26 Hyakunin-cho, Shinjuku City

Access: Okubo (JR), Shin-Okubo (JR)



WEBSITE



ACCESS MAP

Japanese foods

MAP

B-3



28

Halal & Vegan Shinjukugyoen Ramen Ouka

新宿御苑らーめん桜花

☎03-5925-8426

Lunch ¥1,500- Dinner ¥3,000-
https://ramenouka.com/

Hours: 15:00-22:00 (Mon-Thu), 18:00-22:00 (Fri), 13:00-22:00 (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: Sansara no.5 goyen Bldg. 1F, 1-11-7 Shinjuku, Shinjuku City

Access: Shinjuku-gyoemmae (Subway)



Order in advance for the five pungent vegetables



WEBSITE



ACCESS MAP

Noodles/Ramen

MAP

C-4



29 YASAIYA Teppanyaki yasai Kabukicho

やさいや鉄板焼野菜 歌舞伎町店

☎050-3188-6237

Dinner ¥7,700-
http://yasaiya.tokyo/

Hours: 18:00-28:00 (L.O. 27:00) **Closed days:** Open 365 days
Address: Kensei Sango Bldg. B1F, 1-15-13 Kabuki-cho, Shinjuku City
Access: Shinjuku (JR, Subway, Keio, Odakyu)



Japanese foods

MAP B-4



WEBSITE



ACCESS MAP



30 Shiboriya 935

搾り屋 935

☎03-3816-1071

Lunch ¥1,000-
https://shiboriya935.business.site/

Hours: 8:00-14:30, 16:00-19:00 (Mon-Fri),
9:30-18:30 (Sat, holidays) **Closed days:** Sun
Address: 3-28-4 Hongo, Bunkyo City
Access: Hongo-sanchome (Subway)



Other foods

MAP F-3



WEBSITE



ACCESS MAP



31 tofuroom Dy's

豆腐 room Dy's

Lunch ¥1,680-
https://tofuroomdys.jimdofree.com/

Hours: 11:30-16:00 **Closed days:** Thu
Address: Katerina Sendagi 101, 2-48-18 Sendagi, Bunkyo City
Access: Nezu (Subway), Sendagi (Subway)



Japanese foods

MAP F-2



WEBSITE



ACCESS MAP



32 Cafe Byron Bay

カフェバイロンベイ

☎03-5830-7984

Dinner ¥680-
www.cafebyronbay.com/

Hours: 18:00-24:00 (L.O. 23:00) (Tue-Sat), 18:00-23:00
(L.O. 22:00) (Sun) **Closed days:** Mon
Address: 3-2-12 Nishi-asakusa, Taito City
Access: Tawaramachi (Subway), Asakusa (Subway, Tobu, TX)



Café/Bar

MAP H-2



WEBSITE



ACCESS MAP



33 Guruatsu

ぐるあつ

☎03-5830-3700

Lunch ¥1,250-
www.instagram.com/guruatsu/

Hours: 11:00-16:00 **Closed days:** Sun, holidays,
temporary closing **Address:** Miyazawa Bldg. 1F, 4-21-6,
Higashi-ueno, Taito City
Access: Inaricho (Subway), Iriya (Subway)



Café/Bar

MAP G-2



WEBSITE



ACCESS MAP



34 Minoya

味農家

☎03-3866-3795

Dinner ¥8,000-
www.minoyavege.com/english.html

Hours: 17:30-22:30 (L.O. 21:00)

Closed days: Sun, holidays, two days of the end of the month

Address: 1-5-5 Torigoe, Taito City

Access: Shin-okachimachi (Subway)



Order in advance for the
five pungent vegetables

Japanese foods

MAP G-3



WEBSITE



ACCESS MAP



35 Veggie House

ベジハウス

☎03-3625-1245

Lunch ¥1,000- Dinner ¥1,500-
https://veggiehousetokyo.wixsite.com/veggiehouse

Hours: 11:30-14:00, 17:00-21:00

Closed days: Mon, Tue of the last week of the month

Address: Yuichi Bldg., 4-7-10 Taihei, Sumida City

Access: Kinsicho (JR, Subway)



Asian foods

MAP I-3



WEBSITE



ACCESS MAP



36 Organic Cafe LuLu

オーガニックカフェルル

☎03-5809-9922

Lunch ¥2,550- Dinner ¥2,550-
www.growing-trees.com/organiccafelulu/

Hours: 11:00-18:30 (L.O. 17:30) (Mon-Fri), 9:30-19:00 (L.O. 18:00)

Closed days: Sun, holidays, No fixed holiday

Address: 5-6-30 Kiba, Koto City

Access: Kiba (Subway)



Café/Bar

MAP H-6



WEBSITE



ACCESS MAP



37 CABE MEGURO Indonesian Restaurant

インドネシア料理 チャベ目黒店

☎03-6432-5748

Lunch ¥1,000- Dinner ¥3,000-
www.facebook.com/IndonesianRestaurantCabeMeguro/

Hours: 11:30-14:30, 17:30-22:00

Closed days: Sun, holidays

Address: No.1 Tanaka Bldg. 2F, 3-5-4 Kamiosaki, Shinagawa City

Access: Meguro (JR, Subway)



Asian foods

MAP C-8



WEBSITE



ACCESS MAP



38 News Cafe

ニューズカフェ

☎03-3725-6450

Lunch ¥1,130- Dinner ¥2,000-
www.newscafe.jp/

Hours: 12:00-21:00 (L.O. 20:00) (Mon, Thu-Sat), 12:00-19:00

(L.O. 18:00) (Sun, holidays) Closed days: Tue, Wed

Address: Hachikoh Bldg. 401, 2-9-11 Jiyugaoka,

Meguro City Access: Jiyugaoka (Tokyu)



Western foods

MAP A-10



WEBSITE



ACCESS MAP



39 Premarché Gelateria Tokyo

プレマルシェ・ジェラテリア中目黒駅前店

☎03-6303-0141

¥600-

<https://gelato.organic/>

Hours: 12:00-21:00 Closed days: Thu

Address: Meguro Ginza Bldg. 1F, 2-9-36 Kamimeguro, Meguro City

Access: Naka-meguro (Subway, Tokyu)



Café/Bar

MAP

B-8



WEBSITE



ACCESS MAP



40 cafe Stay Happy

カフェステイハッピー

☎03-3410-5959

Lunch ¥1,500- Dinner ¥2,000-

<http://cafestayhappy.com/>

Hours: 13:00-22:00 (Mon, Wed-Sat), 13:00-21:00 (Sun)

Closed days: Tue, 2nd Wed of the month

Address: Miyagawa Bldg. 2F, 2-29-14 Daizawa, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Café/Bar

MAP

A-6



WEBSITE



ACCESS MAP



41 inning+

イニングプラス

☎03-5712-3588

Lunch ¥1,500- Dinner ¥2,000-

<https://inningplus.com/>

Hours: 11:30-18:00 (L.O. 15:30) (Mon, Wed-Sat), 18:00-22:00 (L.O. 21:30)

(Thu-Sat), 11:30-17:00 (L.O. 16:30) (Sun) Closed days: Tue, 3rd Mon

of the month Address: Highland 2F, 5-34-21 Daiba, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Other foods

MAP

K-9



WEBSITE



ACCESS MAP



42 Kamay Kitchen

かまいキッチン

☎03-6318-5323

Lunch ¥1,100- Dinner ¥1,500-

<https://kamaykitchen.therestaurant.jp/>

Hours: 11:00-20:00 Closed days: Tue

Address: No. 2 Michiru Bldg., 2-33-6 Kitazawa, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Asian foods

MAP

A-6



WEBSITE



ACCESS MAP



43 Mr. FARMER Komazawa

ミスターファーマー 駒沢オリンピック公園店

☎03-5432-7062

Lunch ¥1,700- Dinner ¥3,000-

<http://mr-farmer.jp/locations/>

Hours: 9:00-21:00 Closed days: Open 365 days

Address: 1-1-2 Komazawakoen, Setagaya City

Access: Komazawa-daigaku (Tokyu)



Café/Bar

MAP

J-9



WEBSITE



ACCESS MAP



44 BiOcafe

BiOcafe

☎03-5428-3322

Lunch ¥1,250- Dinner ¥2,500-

<https://biocafe.jp/>

Hours: 11:00-16:00 (L.O. 15:30), 18:00-22:00 (L.O. 21:00),
Cafe 11:00-22:00 (L.O. 21:00) **Closed days:** Open 365 days

Address: Patio I Bldg. 1F, 16-14 Udagawa-cho, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio)



Café/Bar

MAP

B-6



WEBSITE



ACCESS MAP



45 BOTANIST cafe

ボタニストカフェ

☎03-5766-3778

Lunch ¥1,300- Dinner ¥1,300-

<https://en.botanistofficial.com/shop/>

Hours: 11:00-20:00 (L.O. Food: 19:00, Drink: 19:30)

Closed days: No fixed holiday

Address: Sukekawa Bldg. 2F, 6-29-2 Jingumae, Shibuya City

Access: Meiji-jingumae <Harajuku> (Subway)



Café/Bar

MAP

C-6



WEBSITE



ACCESS MAP



46 BROOK'S ME-BYO café

ブルックスミビョウカフェ

☎03-5778-3077

Lunch ¥890- Dinner ¥890-

www.brookscafe.com/harajuku/en/

Hours: 9:00-20:30 (L.O. 20:00) **Closed days:** Open 365 days

Address: Harajuku Hakkakukan Bldg. 1F/B1F, 6-4-1

Jingumae, Shibuya City **Access:** Harajuku (JR), Meiji-

jingumae <Harajuku> (Subway)



Café/Bar

MAP

C-6



WEBSITE



ACCESS MAP



47 Chipoon

チプーン

☎03-6804-2123

Lunch ¥1,000- Dinner ¥1,000-

<http://chipoon.tokyo/>

Hours: 11:00-21:00 **Closed days:** Open 365 days

Address: GOOD MEAL MARKET, Laforet HARAJUKU 2F, 1-11-6

Jingumae, Shibuya City **Access:** Harajuku (JR), Meiji-jingumae

<Harajuku> (Subway), Omote-sando (Subway)



Noodles/Ramen

MAP

C-6



WEBSITE



ACCESS MAP



48 Cosme Kitchen Adaptation

コスメキッチン アダプテーション

☎03-5475-8576

Lunch ¥2,500- Dinner ¥4,500-

<http://ck-adaptation.com/>

Hours: 10:00-23:00 (L.O. 22:30) **Closed days:** No fixed holiday

Address: Atré Ebisu West Bldg. 2F, 1-6-1 Ebisu-minami, Shibuya City

Access: Ebisu (JR, Subway)



Café/Bar

MAP

C-7



WEBSITE



ACCESS MAP



49 ELLE café Aoyama

エルカフェ 青山

☎03-6451-1996

Lunch ¥1,500~ Dinner ¥2,500~

<https://ellecafe.jp/restaurant/>

Hours: 11:00~22:00 (Mon~Fri), 8:00~22:00 (Sat, Sun, holidays)
(L.O. 21:00) Closed days: New Year holidays

Address: La Porte, 1F/2F, 5-51-8 Jingumae, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio), Omote-sando (Subway)



Café/Bar

MAP C-6



WEBSITE



ACCESS MAP



50 FICO & POMUM JUICE AOYAMA

フィコ&ポムジュース 青山店

☎03-6805-0480

Lunch ¥990~

<http://ficoandpomum.com/>

Hours: 8:00~21:00 (L.O. 20:45) Closed days: New Year holidays, Varies depending on the facility

Address: Aoyama Oval Bldg. 1F, 5-52-2 Jingumae, Shibuya City

Access: Omote-sando (Subway)



Café/Bar

MAP C-6



WEBSITE



ACCESS MAP



51 GENTLE Italian & Sushi Bar

ジェントル イタリアン&スシバー

☎050-3503-7871

Lunch ¥2,500~ Dinner ¥10,000~

www.gentle-base.com/

Hours: 11:30~15:00, 17:00~23:00 Closed days: Sun

Address: 5-47-6 Jingumae, Shibuya City

Access: Omote-sando (Subway)



Western foods

MAP C-6



WEBSITE



ACCESS MAP



52 marugo deli ebisu

マルゴデリエビス

☎03-6427-8580

Lunch ¥1,500~ Dinner ¥1,500~

www.maru5ebisu.jp/

Hours: 9:00~20:00 (Mon~Sat), 10:00~20:00 (Sun, holidays)

Closed days: New Year holidays

Address: Premiere Ebisu 1F, 1-17-1 Ebisu-nishi, Shibuya City

Access: Ebisu (JR, Subway), Daikan-yama (Tokyu)



Café/Bar

MAP C-7



WEBSITE



ACCESS MAP



53 Mr. FARMER Omotesando

ミスターファーマー 表参道

☎03-5413-4215

Lunch ¥1,700~ Dinner ¥3,000~

<http://mr-farmer.jp/locations/>

Hours: 9:00~20:00 Closed days: Open 365 days

Address: Sepia Harajuku 1F, 4-5-12 Jingumae, Shibuya City

Access: Omote-sando (Subway)



Café/Bar

MAP C-6



WEBSITE



ACCESS MAP



54 NoodleStandTokyo

ヌードルスタンドトーキョー

☎03-6804-1477

Lunch ¥1,000~ Dinner ¥1,000~
www.noodlestandtokyo.com/

Hours: 11:00~16:00, 18:00~21:00 (Mon-Fri), 11:00~21:00 (Sat, Sun, holidays) Closed days: No fixed holiday
Address: Napole Harajuku B1F, 1-21-15 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Noodles/Ramen

MAP C-5



WEBSITE



ACCESS MAP



55 Omotesandou Jangara 2F

表参道じゃんがら2F

☎03-3404-5572

Lunch ¥1,050~ Dinner ¥1,050~
http://kyushujangara.co.jp/

Hours: 12:00~21:00 (Mon-Fri), 11:30~21:00 (Sat, Sun, holidays) Closed days: Open 365 days
Address: Shanzeru Harajuku, 1-13-21 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Noodles/Ramen

MAP C-6



WEBSITE



ACCESS MAP



Harajuku and Akasaka branches are also nearby. Please check the website.

56 PARA TACO

パラタコ

☎03-6452-5156

Lunch ¥1,300~ Dinner ¥3,150~
www.instagram.com/paratacodaikanyama/

Hours: 11:00~20:30 (Sun-Thu), 11:00~22:00 (Fri, Sat)
Closed days: New Year holidays
Address: 88Daikanyama Bldg. 1F, 13-6 Daikanyama-cho, Shibuya City
Access: Daikanyama (Tokyu)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



57 Reimen Dining TSURUSHIKO

冷麺ダイニングつるしこ

☎090-7321-7527

Lunch ¥1,000~ Dinner ¥1,000~
www.tsurushiko.jp/

Hours: 11:00~16:00, 17:30~22:00 (weekday), 11:30~15:00 (Sun, holidays) Closed days: 1st Mon of the month
Address: Y.Mbiil 1F, 1-27-6 Higashi, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Noodles/Ramen

MAP C-7



WEBSITE



ACCESS MAP



58 Salad Deli MARGO

サラダデリマルゴ

☎03-5302-1808

Lunch ¥1,000~ Dinner ¥1,000~
www.margo.co.jp/

Hours: 10:00~22:30 (Mon-Fri), 10:00~21:00 (Sat, Sun, holidays)
Closed days: Open 365 days
Address: 3-9-3 Honmachi, Shibuya City
Access: Nishi-shinjuku-gochome (Subway)



Other foods

MAP A-4



WEBSITE



ACCESS MAP



59 SHIBUYA HIDEOUT

渋谷/ハイドアウト

☎03-6416-5367

Lunch ¥1,280~ Dinner ¥1,580~
<https://www.hideout-burrito.com/>

Hours: 11:00~29:00 Closed days: Open 365 days
 Address: Oak Village B1F, 35-4 Udagawa-cho, Shibuya City
 Access: Shibuya (JR, Subway, Tokyu, Keio)



WEBSITE



ACCESS MAP

Other foods

MAP B-6



60 Kyushu Jangara Seibu-Ikebukuro

『九州じゃんがら』西武池袋店

☎03-3981-5188

Lunch ¥1,050~ Dinner ¥1,050~
<http://kyushujangara.co.jp/>

Hours: 11:00~23:00 (Mon-Fri), 10:30~23:00 (Sat, Sun, holidays)
 Closed days: Open 365 days Address: Seibu Department Store
 Ikebukuro Main Shop 8F, 1-28-1 Minami-Ikebukuro, Toshima City
 Access: Ikebukuro (JR, Subway, Tobu, Seibu)



WEBSITE



ACCESS MAP

Noodles/Ramen

MAP C-1



61 TAKAGIYA

TAKAGIYA

☎03-5980-8733

Lunch ¥1,000~ Dinner ¥1,000~
www.takagi-ya.co.jp/

Hours: 10:00~18:30 (L.O. 18:00), 10:00~19:00 (Take Out)
 Closed days: Mon (or the following Tue when it falls on a national holiday or an event is held) Address: Mitsuwa Bldg. 102, 2-9-26
 Sugamo, Toshima City Access: Sugamo (JR, Subway)



WEBSITE



ACCESS MAP

Café/Bar

MAP E-1



62 Yume Mirai Cafe

ユメミライカフェ

☎03-6279-7545

Lunch ¥1,200~
<https://yumemiraicafe.jimdofree.com/>

Hours: 11:30~17:00 Closed days: Mon, Tue
 Address: Refuge Haruru Tower, 1-11-13 Kamisyakujii, Nerima City
 Access: Kami-shakujii (Seibu)



WEBSITE



ACCESS MAP

Café/Bar

MAP J-8



63 ORIDO.

ORIDO.

☎070-3392-0101

Lunch ¥1,125~
www.orido.life/

Hours: 11:00~18:00 Closed days: Mon, No fixed holiday
 Address: Little Mansion 1F, 2-40-22 Kichijoji Higashimachi,
 Musashino City Access: Kichijoji (JR, Keio), Nishi-ogikubo (JR)



WEBSITE



ACCESS MAP

Café/Bar

MAP J-8



64 Mayugura

蕎麦

☎0428-21-7291

Lunch ¥1,500-
http://mayugura.com/

Hours: 11:00-17:00 Closed days: No fixed holiday
Address: 3-127 Nishiwake-cho, Orme City
Access: Higashilome (JR), Orme (JR)



Other foods

MAP

H-8



WEBSITE



ACCESS MAP



65 KICK BACK CAFE

キックバックカフェ

☎03-5384-1577

Lunch ¥900- Dinner ¥1,000-
www.kickbackcafe.jp/wp/

Hours: 11:00-22:00 (Tue, Thu-Sat), 11:00-16:00 (Wed), 13:00-21:30 (Sun) Closed days: Mon (or the following Tue when it falls on a national holiday) Address: Park Square Musashino 1F, 2-11-1 Wakaba-cho, Chofu City Access: Sengawa (Keio)



Café/Bar

MAP

J-9



WEBSITE



ACCESS MAP



66 cafeSlow

カフェスロー

☎042-401-8505

Lunch ¥1,500-
http://cafeslow.com/

Hours: 11:00-17:00 (Tue-Fri), 11:00-15:00 (Sat), 11:00-18:00 (Sun, holidays) Closed days: Mon (or the following Tue when it falls on a national holiday) Address: 2-20-10 Higashimotomachi, Kokubunji City Access: Kokubunji (JR, Seibu)



Café/Bar

MAP

I-9



WEBSITE



ACCESS MAP



67 nakaichi chienfu

中一素食店

☎042-577-3446

Lunch ¥980- Dinner ¥980-
http://www.nakaichifoods.co.jp/

Hours: 11:00-14:30, 17:00-21:30 Closed days: Tue
Address: Nakaichi Bldg., 1-19-8 Naka, Kunitachi City
Access: Kunitachi (JR)



Asian foods

MAP

I-9



WEBSITE



ACCESS MAP



GO TOKYO

The Official Tokyo Travel Guide



Find out what to do and eat, where to go and stay and more at GO TOKYO.
Explore hidden gems even many locals don't know. Dig deeper the charm of Tokyo.

Category 3

このカテゴリのレストランはベジタリアン®の方向けです。
一部、以下の材料を含まないメニューを提供しています。

このガイドブックにおける「ベジタリアン」とは、卵、乳製品、はちみつを除き、
動物由来のだしや調味料を含む、すべての動物性材料(肉・魚・甲殻類・貝その他)を避ける方を指します。



肉 不使用



魚 不使用



甲殻類 不使用



貝 不使用

予約、メニュー、店舗の詳細に関するお問い合わせは、各レストランへ直接ご連絡ください。

1 Maharaja Marunouchi

マハラジャ丸の内

☎03-5221-8271

Lunch ¥950- Dinner ¥2,500-
<https://maharajamaru.mobi/>

Hours: 11:00-23:00 (L.O. 22:00) (Mon-Fri), 11:00-21:00 (L.O. 20:00) (Sat, Sun, holidays) Closed days: Open 365 days
Address: 2-1-1 Marunouchi, Chiyoda City
Access: Tokyo (JR, Subway), Nijubashimae <Marunouchi> (Subway)



Asian foods

MAP

F-5



WEBSITE



ACCESS MAP



2 LUCIANO Bio GINZA

ルチアーノバイオ銀座店

☎03-6228-6647

¥1,000-
www.luciano-gelato.com/

Hours: 11:00-21:00 Closed days: Open 365 days
Address: Maronnier Gate Ginza 2, 3-2-1 Ginza, Chuo City
Access: Yurakucho (JR, Subway)



Other foods

MAP

F-5



WEBSITE



ACCESS MAP



3 CRISP SALAD WORKS ROPPONGI HILLS

クリスプ・サラダワークス 六本木ヒルズ店

☎03-6721-1162

Lunch ¥997- Dinner ¥997-
www.crisp.co.jp/

Hours: 11:00-22:00 Closed days: Open 365 days
Address: B2F Hillside, Roppongi Hills, 6-10-1 Roppongi, Minato City
Access: Roppongi (Subway)



Western foods

MAP

D-6



WEBSITE



ACCESS MAP



4 HARD ROCK CAFE

ハードロックカフェ

☎03-3408-7018

Lunch ¥1,000- Dinner ¥3,000-
http://hardrockjapan.com/

Hours: 11:30-26:00 (L.O. 25:00) (Sun-Thu, holidays), 11:30-28:00 (L.O. 27:00) (Fri, Sat) Closed days: Open 365 days

Address: 5-4-20 Roppongi, Minato City

Access: Roppongi (Subway)



Western foods

MAP D-6



WEBSITE



ACCESS MAP



5 FRUTA FRUTA Açaí Cafe

フルッタフルッタアサイーカフェ 渋谷ヒカリエ ShinQs 店

☎03-6434-1875

¥800-
www.frutafruta.com/store/

Hours: 10:00-21:00 Closed days: Open 365 days

Address: ShinQs, Shibuya Hikarie B3F, 2-21-1 Shibuya, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio)



Other foods

MAP C-6



WEBSITE



ACCESS MAP



6 irish Pub An SÓLÁS

アイリッシュパブ アンソラス

☎03-5919-6686

Lunch ¥1,000- Dinner ¥900-
www.facebook.com/AnSolaisIrishPub/

Hours: 11:00-24:00 (Lunch 11:00-14:00), 15:00-24:00 (Sat)

Closed days: Sun, holidays

Address: 5-22-3, Sendagaya, Shibuya City

Access: Yoyogi (JR, Subway)



Western foods

MAP C-5



WEBSITE



ACCESS MAP



7 Sakura Tei

さくら亭

☎03-3479-0039

Lunch ¥1,500- Dinner ¥2,500-
www.sakuratei.co.jp/en/

Hours: 11:00-23:00 (Lunch -15:00, Dinner 15:00-)

Closed days: Open 365 days

Address: 3-20-1, Jingumae, Shibuya City

Access: Meiji-jingumae <Harajuku> (Subway)



Japanese foods

MAP C-6



WEBSITE



ACCESS MAP



8 Vegetable Bar

八百屋バル

☎03-5912-0266

Dinner ¥3,500-
https://r.gnavi.co.jp/a97vhagg0000/

Hours: 17:00-24:00 Closed days: Open 365 days

Address: 5-1-1, Toyotamakita, Nerima City

Access: Nerima (Subway, Seibu)



Other foods

MAP J-8



WEBSITE



ACCESS MAP



日本での生活に役立つ情報 (TIPS)

日本を旅行する上で驚くことや困ることもあるかもしれませんが。このページではそんな悩みを少しでも減らすことができるように、日本での生活に役立つ情報をいくつかご紹介します。



持ち込み禁止

ほとんどの飲食店では、食べ物や飲み物の持ち込みが禁止されています。食べ物や飲み物はお店で提供しているものを注文しましょう。



水とお茶は無料

ほとんどの日本の飲食店は水とお茶を無料で提供しています。お店に入店したら、頼まなくても水が出てきます。また、多くの和食店や寿司屋では食後に温かいお茶を無料で提供しています。



チップは不要

日本では、飲食店でチップを支払う必要はありません。レストランやホテルを利用する際、サービス料が利用料金に含まれていることが多いため、チップ文化が根付かなかった、ともわれています。



おしぼり

日本では多くの飲食店で、はじめに無料で「おしぼり」が出されるという文化があります。「おしぼり」とは手や顔を拭く濡れた布巾であり、「おてふき」とも言います。お店によっては、温かいおしぼりと冷たいおしぼりを用意している所もあります。



飲食店の「お通し」文化

日本の居酒屋やレストランでは「お通し」というシステムがあります。注文した料理ができる前に出てくる小皿料理(料金は300円程度)のことです。「料理が出てくるまで楽しむ料理」「お店のチャージ料」など、お通しの提供理由は諸説あります。

※動物性の食材が含まれている場合があります。



「だし」について ⚠️ 気をつけて！

日本の伝統的な食文化である和食にかかせないのが「だし」です。

西洋のブイヨンのように材料を煮出したり、水に浸すことで旨味成分を抽出した汁のことで、この「だし」にはかつおだしや煮干しだし(いりこだし)、干しえび・貝類のだしなど、動物性の素材を使用するものもあるので、注意が必要です。昆布だし、しいたけだしといった、植物性の素材を使用しただしもありますので、不安な方はP.34の指差しアイコンでお店に確認して、安心して食事を楽しんでください。

外国語での緊急時の情報

地震や風水害、火事などの災害や、盗難・紛失など、

もしもの時に備えて知っておきたい心構え、いざという時役立つ情報をご紹介します。

インターネットで入手できる情報

災害時情報提供アプリ「Safety tips」

多言語対応

観光庁が提供している外国人旅行者向け災害時情報提供アプリ。国内における緊急地震速報、津波警報のほか、大雨などの気象特別警報、噴火情報をプッシュ型で通知できるほか、避難行動を示したフローチャートや大使館リストなどのリンク、日本語でコミュニケーションが取れない場合に活用できるコミュニケーションカードも提供しています。右のURLからダウンロードできます。

Android



<https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

iOS



<https://apps.apple.com/app/safety-tips/id858357174>

東京都医療機関・薬局案内サービス

多言語対応

東京都内で日本語以外の複数の言語に対応する医療機関や、女性医師が外来診療している医療機関を検索できます。



<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php>

東京都医療機関案内サービス

 **03-5272-0303** (日本語)  **03-5285-8181** (その他の言語)

東京都防災ホームページ

多言語対応

<https://www.bousai.metro.tokyo.lg.jp>



大使館 (外務省)

多言語対応

https://www.mofa.go.jp/about/emb_cons/protocol/



**緊急時の
連絡先**

警察

 **110**

犯罪や事故が起きた時

消防

 **119**

火事の通報や
救助・救急車を呼ぶ時

POINT-AND-ASK GUIDE

Q & A

<p>Q <small>英語のメニューはありますか?</small></p> <p>Do you have an English menu?</p>	<p><small>はい</small> Yes</p> <hr/> <p><small>すみません、ありません。</small> I'm sorry, we do not.</p>
--	---

<p>Q <small>お勧めの料理はどれですか?</small></p> <p>Which dish do you recommend?</p>	<p><small>〇</small> _____</p> <p>I recommend the _____</p>
---	--

<p>Q <small>洗面所はどこですか?</small></p> <p>Where is the restroom?</p>	<p><small>あちらです。</small> It's over there.</p> <hr/> <p><small>こちら内へ。</small> Please, follow me.</p>
--	---

<p>Q <small>タクシーを呼んでください。</small></p> <p>Will you call a taxi for me?</p>	<p><small>はい、どちらまで行かれますか?</small> Certainly. Where would you like to go?</p>
---	--

<p>Q <small>これはいくらですか?</small></p> <p>How much does this cost?</p>	<p><small>日本円で税込 〇〇円です。</small> It costs _____ yen, including tax.</p>
--	--

<p>Q <small>個室はありますか?</small></p> <p>Do you have any private dining rooms?</p>	<p><small>申し訳ありません。ございません。</small> I'm sorry, we do not.</p> <hr/> <p><small>はい、ご案内します。</small> Please, follow me.</p>
--	--

<p>Q <small>禁煙席はありますか?</small></p> <p>Do you have a non-smoking area?</p>	<p><small>申し訳ありません。ございません。</small> I'm sorry, we do not.</p> <hr/> <p><small>はい、ご案内します。</small> Please, follow me.</p>
---	--

<p>Q <small>クレジットカードは使えますか?</small></p> <p>Can I use a credit card here?</p>	<p><small>はい、使えます。</small> Yes, you can.</p> <hr/> <p><small>日本円の現金のみです。</small> No, we only accept Japanese yen in cash.</p>
--	---

Visa	JCB	MasterCard	Diners Club	American Express	銀聯カード UnionPay
------	-----	------------	-------------	------------------	----------------

I do not eat...

私はチェックしているものが
食べられません。

☒ 食べられないものにチェックを入れてください。

<input type="checkbox"/>  豚肉 Pork	<input type="checkbox"/>  牛肉 Beef	<input type="checkbox"/>  鶏肉 Chicken	<input type="checkbox"/>  魚類 Fish
<input type="checkbox"/>  豚だし Pork Stock	<input type="checkbox"/>  牛だし Beef Stock	<input type="checkbox"/>  鶏だし Chicken Stock	<input type="checkbox"/>  魚だし Fish Stock
<input type="checkbox"/>  貝 Shellfish	<input type="checkbox"/>  甲殻類 Crustacean	<input type="checkbox"/>  卵 Egg	<input type="checkbox"/>  はちみつ Honey
<input type="checkbox"/>  乳製品 Dairy	<input type="checkbox"/>  砂糖 Sugar	<input type="checkbox"/>  アルコール Alcohol	<input type="checkbox"/>  そば Soba (Buckwheat)
<input type="checkbox"/>  グルテン(小麦) Gluten	<input type="checkbox"/>  大豆 Soy	<input type="checkbox"/>  五葎 (タマネギ・ラッキョウ・ネギ・ニンニク・ニラ) Five Pungent Vegetables (green onion, scallion, leek, garlic, and chives)	
<input type="checkbox"/>  ナッツ Nuts	<input type="checkbox"/>  油 Oil	<input type="checkbox"/> これ以外にあれば、ここにその名称とイラストを書いてください。	

TOKYO Vegan & Vegetarian

東京ヴィーガン＆ベジタリアン レストランガイド 2020-2021

🌸 Welcome to TOKYO!

TokyoTokyo
Old meets New

GO-TOKYO

The Official Tokyo Travel Guide
www.gotokyo.org

公益財団法人 東京観光財団

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2020/03



R270
percentage of waste
paper made 70%